



Serious Heat: What to Make with Bhut Jolokia, the World's Hottest Chile



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce frangelico diced with juice canned
- ☐ 2.3 cups canola oil
- ☐ 1 pepper flakes dried cut in half lengthwise
- ☐ 10 servings chili oil
- ☐ 0.5 ounce pepper flakes dried stemmed
- ☐ 2 cloves garlic
- ☐ 10 servings hot dogs hot

- ☐ 0.8 cup olive oil extra virgin extra-virgin
- ☐ 10 servings salt
- ☐ 1 tablespoon vinegar white

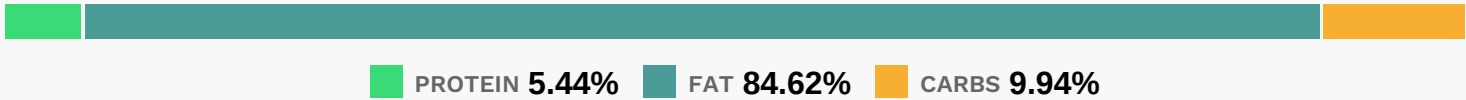
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 225°F. In an oven-safe dish, add oils and chile. Cover with aluminum foil, and bake for 3 hours.
- ☐ Remove from oven, transfer to airtight container, and place in refrigerator to cool. For added heat, leave pepper in the oil. Store in refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:2.57, Inflammation Score:-3, Nutrition Score:6.2500000272108%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 356.21kcal (17.81%), Fat: 34.03g (52.35%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 9g (3%), Net Carbohydrates: 8.9g (3.24%), Sugar: 0.32g (0.36%), Cholesterol: 20.25mg (6.75%), Sodium: 502.6mg (21.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin E: 4.29mg (28.59%), Vitamin K: 18.4µg (17.53%), Selenium: 12.05µg (17.21%), Vitamin C: 8.74mg (10.59%), Vitamin B3: 1.75mg (8.76%), Vitamin B2: 0.13mg (7.75%), Vitamin B1: 0.11mg (7.56%), Iron: 1.23mg (6.84%), Zinc: 0.93mg (6.21%), Folate: 23.43µg (5.86%), Phosphorus: 48.08mg (4.81%), Vitamin B12: 0.23µg (3.9%), Manganese: 0.06mg (3.22%), Vitamin B6: 0.06mg (2.99%), Potassium: 87.4mg (2.5%), Vitamin B5: 0.25mg (2.49%), Copper: 0.04mg (2.24%), Magnesium: 7.38mg (1.85%), Calcium: 13.1mg (1.31%), Vitamin A: 56.39IU (1.13%)